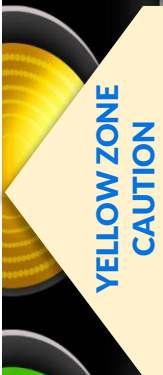


Strive NP/RN: _____
 Primary Care Provider: _____
 Nephrologist: _____
 Dialysis Clinic: _____

Phone #: 855-962-4638
 Phone #: _____
 Phone #: _____
 Phone #: _____

Dialysis Patient Stop Light Tool

 RED ZONE Danger-Get Help Now	Contact your dialysis nurse, Strive Health team, or kidney doctor right away • Missed one or more dialysis session with symptoms like shortness of breath • Fever, redness or drainage from dialysis access • Weakness or dizziness with blood pressure lower than your usual baseline If you cannot reach your care team and symptoms are worsening, seek urgent medical attention or go to the nearest emergency department	WHAT I MUST DO:	Call 9-1-1 or go to the nearest emergency room • Chest pain, pressure • Severe trouble breathing, especially at rest or if you cannot speak in full sentences • Blood pressure above 180/120 with symptoms such as severe headache, vision changes, confusion, weakness or numbness on one side, difficulty speaking, or chest pain • New confusion, loss of consciousness, or difficulty waking up
 YELLOW ZONE CAUTION	• Increased swelling in hands, feet, legs, or face • Mild shortness of breath with activity • Severe or persistent muscle cramps after dialysis • Missed a dialysis session • Nausea or poor appetite • Blood pressure higher or lower than your usual baseline • Feeling more tired or weak than usual • Trouble sleeping or concentrating • Itching or skin changes	WHAT I SHOULD DO:	• Contact your dialysis clinic or Strive Health team 855-962-4638 • Ask to meet with the dietitian to talk about fluid and salt limits • Watch your weight and blood pressure closely • Review your salt and fluid intake and reduce intake of as needed • Go to your next dialysis session and talk about your symptoms • Write down symptoms and any missed medications
 GREEN ZONE I AM Doing Well	• No shortness of breath • No swelling in feet, ankles, or face • Good appetite • Weight is stable (within 1-2 lbs. of target dry weight) • No muscle cramps during dialysis • Blood pressure is in your normal range • No itching or skin problems • Following dialysis schedule, fluid, and diet plan	WHAT I SHOULD DO:	• Take your medication everyday as prescribed • Follow your fluid, diet and salt restrictions • Go to all dialysis sessions • Check and write down your weight and blood pressure daily. • Keep all appointments with your kidney care team and other specialists